

Transforming Womens Lives

HEALING HEART ART
Workshop

**HEKA HARMONY
HEALTH**

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MIND | BODY | SPIRIT | PLACE



HEALING HEART ART

9:30am to 4:30pm

Please arrive 15 minutes early to sign in

Lunch and snacks provided

\$195.00

- Colour therapy
- Meditation and art therapy
- Art therapy - create life in charcoal

FIND YOUR HARMONY

Colour therapy is the art of using the energies of light and colour to harmonise the body, mind and soul.

The use of colour is a truly holistic therapy which dates back thousands of years. Used in the right way, colour can have a profound and healing effect on us as humans as well as the animals we share our lives with.

Learn about colours and their healing attributes.

Discover the benefits of art therapy and the hidden artist that lies within.

Our friends come and spend time with us for various reasons:

- Personal challenges
- Relationships
- Recovering from trauma
- Self discovery and creativity
- Peace and relaxation
- Health and well-being awareness

HEALING HEART ART is part of a series of workshops created by Heka Harmony for women:

- FINDING YOUR INNER CALM
- EMOTIONAL FREEDOM - RELEASE YOURSELF
- NUTRITION FOR LIFE

are also available, please check our website for more details.